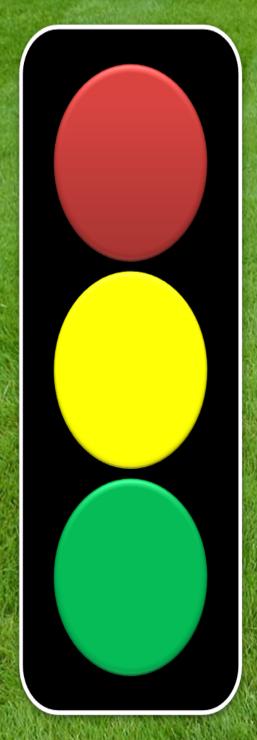


## Time to Play



## Screen and sitting time

Less than 30 minutes each day of screen and sitting time

## Fine motor skill practice

Take *5 minutes* to practice writing, squeezing a ball, and moving hands and fingers

## Aerobic exercise & gross motor skills

- Provide *60 total minutes* of activities that promote running, jumping, and climbing
- Provide 10 minutes of unstructured play through games and interactive activities

Centre of Excellence for Early Childhood Development (2011). Parenting series: Physical activity in early childhood: Setting the stage for lifelong healthy habits. Retrieved from: http://www.excellence-earlychildhood.ca/documents/Parenting\_2011-04.pdf